

Welcome to LifeWorks

Register now for a live Public Orientation Webinar!



LifeWorks blends the best user experience and clinical expertise together to help people everywhere achieve total mental, physical, social and financial wellbeing. It has both your Employee & Family Assistance Program (EFAP) and personalized wellbeing resources that can support you and your dependents with issues related to work, life and everything in between.

LifeWorks offers support with mental, financial, physical and emotional wellbeing. Whether you have questions about handling stress at work and home, parenting and childcare, managing money, or health issues, you can turn to LifeWorks for a confidential service that you can trust.

Employee Orientations are hosted on Thursdays and are 30 minutes in length.

Employee Orientations

[January 26th – 1 p.m. EST](#)

[May 25th – 1 p.m. EST](#)

[Sept 21st – 1 p.m. EST](#)

[February 16th – 1 p.m. EST](#)

[June 22nd – 1 p.m. EST](#)

[Oct 12th – 1 p.m. EST](#)

[March 23rd – 1 p.m. EST](#)

[July 13th – 1 p.m. EST](#)

[Nov 16th – 1 p.m. EST](#)

[April 13th – 1 p.m. EST](#)

[Aug 24th – 1 p.m. EST](#)

